



It sounds like the Healing Heart for Transforming Nations workshop was an impactful and transformative experience, bringing together individuals from diverse backgrounds to work on healing emotional wounds and fostering unity. Here's a summary you could use for a report or to share with others:

Healing Heart for Transforming Nations Workshop: December 17–20, 2024

Facilitated by: Rabagirana Ministries

Dates: December 17–20, 2024

Location: Refugee camps in Rwanda, including Mahama, Mugombwa, Nyabiheke, Kiziba, and Kigeme

The Healing Heart for Transforming Nations workshop, facilitated by Rabagirana Ministries, took place over four days from December 17–20, 2024, and brought together attendees from five refugee camps across Rwanda. Participants hailed from a rich mix of cultural backgrounds, representing four nationalities: **Burundian, Sudanese, Rwandese, and Congolese.**


The central theme of the workshop was **healing emotional and psychological wounds.** Throughout the sessions, attendees engaged in deep, reflective conversations, group activities, and prayer, focusing on personal and communal healing. The goal was not only to address past traumas but also to envision ways in which this healing can ripple out to benefit their broader communities.

Key Objectives of the Workshop:

- To facilitate emotional healing for individuals affected by conflict, displacement, and trauma.
- To foster connections between participants from different nationalities and backgrounds, building a sense of shared purpose and unity.
- To explore practical ways to implement the lessons of healing within their local communities, promoting peace and reconciliation.

What We Achieved:

1. **Building Connections Across Nationalities:** Despite the diverse backgrounds, participants were able to bond over shared experiences of displacement and trauma. The exchange of personal stories led to greater understanding and empathy across cultural lines.
2. **Wound Healing through Reflection and Prayer:** A significant focus was placed on addressing deep emotional wounds. Through guided sessions and prayer, participants were given a safe space to process their pain, grief, and hopes for the future. This helped many individuals take steps towards emotional healing.
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4. **Envisioning a Transformed Community:** We spent time reflecting on how the principles of healing can be applied within refugee camps and beyond. Ideas were shared about how to support one another, foster reconciliation, and create spaces for healing in the communities where we live.

Participant Reflections:

- Many participants spoke about the power of **shared prayer and reflection** in overcoming feelings of isolation and despair.
- A key theme that emerged was the **importance of forgiveness** in healing. Several shared how they were learning to forgive not only others but also themselves, in order to move forward.
- There was a strong desire to **share what was learned** with others in the camps, ensuring that the healing process continues to grow.

Moving Forward:

Looking ahead, there is a shared commitment among the attendees to create ongoing spaces for healing and to actively promote unity within their communities. Some of the action steps discussed include:

- **Peer support groups** where individuals can continue to meet and share their journeys of healing.
- Organizing **community dialogue sessions** to address tensions and promote peace between the different nationalities living in the camps.

Developing **trauma-informed practices** that can be shared with camp leaders and community members, helping to foster emotional well-being for all.

We are deeply grateful for the opportunity to witness the transformation that took place during these four days and look forward to seeing the lasting impact of this workshop in the months and years to come. May this be the beginning of a broader movement of healing, unity, and transformation across the nations represented in this workshop.

The need for continued emotional healing in refugee communities was clearly identified, and it was acknowledged that **financial limitations** should not hinder the efforts to facilitate healing. With creativity, solidarity, and a commitment to building lasting relationships, it is possible to continue this important work and bring about positive transformation.

This workshop has the potential to spark deeper community engagement and open up avenues for both **individual and collective healing**, which can have a lasting impact on the mental and emotional wellbeing of all involved.